

## Fun n' FITchburg

### Meeting Minutes

Monday, December 14, 2009

I. The meeting came to order at approximately 3:05, with the group introducing themselves. 9 Members were present and 4 members sent regrets stating they were unable to make it do to various reasons but still had interest in the group. Each member was also asked, "How they would describe Fitchburg".

II. The vision statement exercise was expanded from the last meeting. The 4 vision statements that groups came up with at the last meeting were posted and the group tasked itself with trying to come up with one statement for the group. After much arduous deliberation the group voted and established a vision statement, "Fun n FITchburg reduces obesity through safe and healthy living".

III. The group moved on to a lecture period. Nancy Fillers re-capped the CHANGE tool and helped the group understand more about it. A slide show was presented to assist Nancy with her presentation. Nancy also stresses the groups' goal of: **Reduce obesity in Fitchburg through policy, system, and environmental changes that make healthy eating and physical activity the easy choice.** Nancy also explained what CHANGE stands for, how it was developed, the 5 sectors involved in CHANGE, and discussed each of the 5 sectors and how they apply to the city. She also went on to explain the 5 modules within the 5 sectors and how they apply to the sectors and the city, as well as methods to collect this information from each of the sectors in interviewing them. Nancy stressed also that it is important not to compare the sites we interview and it is not designed to point out weaknesses at the interview sites. The CHANGE tool is designed to highlight areas of strength and those needing improvement in Fitchburg at large to meet our overall vision and goal. A final report will be derived from all the interview questions which will provide aggregate data. Nancy then went over the sectors in which the group selected at the last meeting and made set the groups goal of interviewing 3 sites for 4 sectors and Community At Large to be completed by March 2010.

IV. The group sectors reported back to the entire group of progress made with the sector interviews. The following was reported:

#### A. Community Institution/Organization

Report via Mary Giannetti

Team met today at the YMCA.

They interviewed the CEO, Financial Director and Operations Director as one.

They have a focus group with YMCA teens and a focus group with parents of child care kids scheduled to be finished by the 1<sup>st</sup> week in January.

Elm Street Congregational Church change tool processing will begin during the second week of January followed by LUK to be processed by mid February.

#### B. Schools

Report via Ayn Yeagle and Pam Rivers

Team interviewed

Fitchburg High School – Visit #1 – 12/10/09 – 3 to 4:30 pm – After the Bell

Methods Used – Stakeholder Interviews/Focus Groups/Photovoice/Observation

##### Physical Activity

Interview- Physical Education Teacher/ Coaches/Youth Focus Group

##### Nutrition

Interview- Food Service Director/School Nurse/Health Teacher/Youth Focus Group

##### Tobacco

Interview - School Nurse/Guidance Counselor/Health Teacher/Youth Focus Group

##### Chronic Disease

Interview- School Nurse/Health Teacher/Youth Focus Group

##### Leadership

Interview -Principal/Youth Focus Group

#### C. Worksite

Report via Nancy Fillers

Worksite had 2 MOC interviews and an observation walk about scheduled for the week of 12/14. All data collection for MOC to be completed by 12/18/09. The other 2 worksites slated for data collection are Fitchburg State College and Market Basket Supermarket. Nancy wished to extend to the group of anyone who know a contact at Market Basket to let her know. Mr. Frost was discussed as a potential contact. He is the manager.

#### D. Health Care

Report via Steve Curry and Donna Wysokenski

Health Care had difficulty on deciding contacts for 2 of their 3 sectors. Once contacts agreed upon a meeting scheduled for 12/22 to discuss questions and coordination and to finalize focus groups. Letters went out notifying the contacts. Interviews to be scheduled first week of January and the focus groups have been determined and will be finalized at the 12/22 meeting.

E. Community At Large

It was discussed that this sector would be a topic at the next 3 meetings. Numerous questions were displayed on the power point presentation which will be answered as group. Data collection, neighborhood engaging tools and other modules will be used as a group in this sector.

It was announced by MOC that the Robert Wood Johnson Foundation Health Kids Healthy Community grant was awarded to Fitchburg and is currently embargoed for formal release as outlined below. This grant will tie in nicely with the Mass n Motion, Fun n Fitchburg grant.

Next meeting to be held **JANUARY 12, 2010 @ 2:00 RWJF-PRESS EVENT.**  
**Commissioner of Public Health, John Auerbach will attend as well as Lisa A. Wong, Mayor of Fitchburg.**  
**Fun n' FITchburg meeting will be held immediately after the press event from 3:00-4:30 in the Veterans Room.**